

The invention claimed is:

1. A visor for vehicles, comprising:
 - an elbow member having an elongated portion;
 - a body member having an elongated slot defining a sidewall and extending generally parallel to the elongated portion of the elbow member;
 - the body member being pivotably mounted to the elbow member for rotation about the elongated portion;
 - a torque control member rotatably engaging the elbow member and having at least one finger received in the elongated slot, the finger being resiliently biased into engagement with the sidewall of the elongated slot and frictionally engaging the sidewall to provide controlled sliding movement of the body member relative to the elbow member.
2. The visor of claim 1, wherein:
 - the elongated portion of the elbow member is generally straight.
3. The visor of claim 2, wherein:
 - the elongated portion includes at least one indentation in the surface thereof; and
 - wherein:
 - the torque control member includes at least one finger resiliently engaging the indentation to provide a detent to retain the body member in a fixed rotational position relative to the elongated portion of the elbow member.
4. The visor of claim 1, wherein:
 - the torque control member includes a plurality of fingers resiliently biased into engagement with the sidewall of the elongated slot.
5. The visor of claim 4, wherein:
 - the torque control member comprises a thin sheet of metal.

6. The visor of claim 1, wherein:
the body member is made of a molded polymer material.
7. The visor of claim 6, wherein:
the body member includes first and second halves connected by an integral living hinge about which the first and second halves pivot to form a cavity, the elongated slot extending generally parallel to the living hinge within the cavity.
8. The visor of claim 7, wherein:
the body member comprises a shell defining inner and outer surfaces;
the slot defines first and second sidewall surfaces and a base wall surface, the first sidewall surface defined by a portion of the inner surface of the shell, and wherein:
the base wall surface is defined by a base wall extending transversely from the inner surface of the shell, second sidewall surface is defined by a second sidewall that extends generally parallel to the shell.
9. A visor for vehicles, comprising:
an elbow member having an elongated portion;
a body member having a slot;
a torque control member having at least a portion thereof received in the slot and frictionally engaging the slot to provide controlled sliding movement of the body member along the elbow member.
10. The visor of claim 9, wherein:
the body member is pivotably mounted to the elbow member for rotation about the elongated portion.
11. The visor of claim 10, wherein:
the elongated portion of the elbow member is generally straight.

12. The visor of claim 11, wherein:
the elongated portion includes at least one indentation in the surface thereof; and
wherein:
the torque control member includes at least one finger resiliently engaging the indentation to provide a detent to retain the body member in a fixed rotational position relative to the elongated portion of the elbow member.
13. The visor of claim 12, wherein:
the slot defines a sidewall; and
the torque control member includes a plurality of fingers resiliently biased into engagement with the sidewall of the slot.
14. The visor of claim 9, wherein:
the body member includes first and second halves connected by an integral living hinge about which the first and second halves pivot to form a cavity, the slot extending generally parallel to the living hinge within the cavity.
15. A method of fabricating a sliding visor, comprising:
providing an elbow member having an elongated portion;
providing a core member having an elongated slot;
providing a torque control member having at least one extension;
positioning the extension in the elongated slot;
biasing the extension into engagement with the elongated slot and frictionally engaging the sidewall to provide controlled sliding movement of the core member relative to the elbow member.
16. The method of claim 15, wherein:
the core member includes first and second halves interconnected by an integral living hinge; and including:
folding the first and second halves about the living hinge to form a cavity.

17. The method of claim 16, wherein:
- the core is made of a polymer material;
 - the first half includes a plurality of openings;
 - the second half includes a plurality of extensions sized to provide an interference fit in the openings; and including:
 - pressing the extensions into the opening to thereby melt at least a portion of the extensions and interconnect the first and second halves.
18. The method of claim 15, including:
- forming a plurality of fingers on the torque control; and:
 - flexing the fingers to bias the fingers into frictional engagement with the slot.